



Malnutrition Awareness Week is an annual, multi-organizational campaign developed by the American Society for Parenteral and Enteral Nutrition (ASPEN). Senior malnutrition is preventable and treatable – but to defeat it, we must first address it!



OCTOBER 5-9, 2020

Rate of malnutrition is highest with older adults



Source: AHRQ 2018

Intervene Against Malnutrition

nutritioncare.org/MAW

#MAW2020

SOUTH CAROLINA RECOGNIZES MALNUTRITION CAN BE ELIMINATED THROUGH EDUCATION, COLLABORATION, AND ADVOCACY.

⊖ **SCDOA becomes an official Malnutrition Awareness Ambassador and a member of the Defeat Malnutrition Today Coalition. (June, 2020)**

⊖ **Lt. Governor Pamela Evette sponsors a resolution encouraging states to implement commissions, action plans, and other public health approaches to study older adult malnutrition and implement effective solutions. (July, 2020)**

WHAT CAUSES SENIOR MALNUTRITION?

- ◀ **Normal age-related changes:** taste, smell and appetite decline
- ◀ **Illness:** Physiological changes, such as inflammation from illness- makes it more difficult to absorb nutrients.
- ◀ **Difficulty Chewing/Swallowing:** Poor dental health and loose fitting dentures
- ◀ **Dementia:** Forgetting to eat- believe have eaten already or forget or buy groceries
- ◀ **Medications:** May cause decreased appetite or increased difficulty absorbing nutrients
- ◀ **Limited Income:** Difficulty purchasing groceries due to financial insecurity
- ◀ **Reduced Social Contact:** Less enjoyment and interest in cooking and eating
- ◀ **Depression:** Factors such as grief, loneliness and decreased mobility
- ◀ **Alcoholism:** Interferes with digestion and absorption of nutrients (along with less consumption of nutritional calories)

Source: <https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/senior-health/art-20044699>